

CLAIM AMENDMENTS

1-18 (canceled)

19. (new) A vibration damper comprising:

a body part via which the damper can be fastened to an object to be dampened, the body part defining an interior space, a guide shaft disposed in the interior space of the body part,

an oscillating piece comprising a plurality of parts removably fastened to each other, the oscillating piece being disposed in the interior space of the body part, whereby the oscillating piece divides the interior space of the body part into two regions, at opposite sides respectively of the oscillating piece, and the oscillating piece being movable relative to the body part, movement of the oscillating piece being guided by the guide shaft, and

at least one spring fastening the oscillating piece to the body part,

and wherein the guide shaft comprises a wall defining an interior space of the guide shaft, and the wall of the guide shaft is formed with openings for forming a flow connection between the interior space of the guide shaft and the two regions of the interior space of the body ~~part~~ part,

and further comprising an adjuster for adjusting the flow connection between the interior space of the guide shaft and the interior space of the body part.

20-30 (canceled)